

Maro's Hummus

Ingredients:

- 2 15-oz. cans garbanzo beans (chickpeas)
- 2 Tbsp tahini
- 2 garlic cloves
- 2 tsp cumin
- 1 tsp smoked paprika
- ½ squeezed lemon
- ¼ c olive oil
- ½ c water
- crumbled feta and parsley for garnish

Directions:

1. In a food processor, combine the beans, tahini and seasonings. Process until smooth.
2. Add oil, lemon and water and continue to add additional liquid if necessary until you reach desired consistency.
3. Garnish with chopped parsley and feta.

Variation:

substitute 1 can of white cannellini beans for 1 can of garbanzo beans to give the hummus a smoother texture

